

## What are your values? An Exercise.

Value	What it means to you
Accomplishment	
Advancement	
Adventure	
Affection	
Altruism	
Balance	
Commitment	
Compassion	
Competence	
Competitiveness	
Control	
Cooperation	
Courage	
Creativity	
Curiosity	
Determination	
Enlightenment	
Equality	
Fairness	

### **Steps to take:**

1. Review the list of Values & choose the 10 that resonate most strongly for you.
2. Define what exactly they mean for you. Choose other values that are not listed, if necessary. **ONLY TAKE 10 MIN. TO DO THIS!**
3. Cut your list down to five! These values most DEFINE who you are. **ONLY TAKE FIVE MIN. TO DO THIS!**
4. Cut your list down to three! These are the values you **CAN'T LIVE WITHOUT!**

**TIP: Use highlighters or markers to help you ID your 10, 5 and 3 Top values.**

Family	
Freedom	
Fun	
Harmony	
Health	
Humor	
Impact	
Individuality	
Innovation	
Influence	
Integrity	
Intelligence	
Involvement	
Joy	
Learning	
Loyalty	
Order	
Passion	
Peace	
Power	
Recognition	
Relationships	
Respect	
Responsibility	
Security	
Service	
Spirituality	

